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Your essential daily news | TUESDAY, MARCH 22, 2016

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PHOTO ILLUSTRATION BY ANDRES PLANA

COAST TO COAST

What Metro readers want from PM Moneybags

metroVIEWS

Student Sonia Marreiros has been working with Paul Brandt on humanitarian issues. AARON CHATHA/METRO

TAKE IT FROM ME

Paul Brandt returns to Mount Royal University as resident storyteller

metroNEWS

$200K to fix Peace Bridge

VANDALISM

Curved glass mounted to the outside not easy to replace

Helen Pike
Metro | Calgary

Vandalism doesn't make city officials crack up, especially when it costs residents $200,000 — plus tax — to mend one of the city's most iconic structures.

Administration has selected a contractor to repair four busted glass panels after the beloved Peace Bridge was vandalized sometime in fall 2014. The project is expected to take 120 days, with a total of four days — one per panel — of bridge closures.

According to information from the city, the contractor — Vertigo-Solutions For Work At Height Ltd. — needs time to order specialty equipment and maybe even fabricate items for the job. The panels are especially tough to replace. The glass is both curved and mounted to the outside face of the bridge.

Metro obtained internal emails from the city through a freedom-of-information request that call the vandalism "Our worst nightmare!!!"

The city believed panels were cracked by a rock or some other type of blunt object.

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metro NEWS
Your essential daily news

Hindu widows celebrate joyful holiday previously forbidden to them. **World**

Petition against SW BRT given to city clerk's office

TRANSPORTATION

Group Ready to Engage collects 4,400 signatures

Helen Pike
Metro | Calgary

A proud moment for Ready to Engage can't be spoiled by Mayor Naheed Nenshi.

The grassroots southwest BRT critics spent two months gathering more than 1,000 online and 3,400 in-person signatures against the project, which they've officially submitted to the city clerk's office.

"We're done collecting signatures now, we will just continue to give out brochures, to share our concerns with Calgarians and we're not going away," said Ready to Engage spokesman Alan Hallman.

But the mayor said there's a critical question the group still hasn't answered.

"We've had multiple eyewitnesses suggest that many of those signatures were gathered under false pretenses," said Nenshi. "For example people alleging that the petition was being used in place of a sign-up sheet for the city open house. I'd really be interested if Ready to Engage would answer whether that's true or not."

Shocker — the group says that's false.

"That's a total lie," said Hallman. "He's lying."

Hallman said the group gathered signatures by going door to door, hosting public events and attending city events.

> **We will just continue to give out brochures, to share our concerns with Calgarians and we're not going away.**
> Alan Hallman

The group has come under fire from the mayor who weeks ago alleged they were the centre of a police investigation after a city employee was allegedly assaulted at an engagement session. Nenshi then quickly pulled the plug on all SW BRT face-to-face meetings, stating he didn't feel comfortable sending employees to that kind of environment.

It's at a Feb. 23 meeting where Nenshi said citizens reported the fishy signature tactics to him — a meeting he did not personally attend.

Nenshi said the city continues to go through its regular decision-making process. The mayor said they consider all public input under the rules of the municipal act. But he's unsure what the goal of their petition is.

Ready to Engage, a group opposed to the southwest Calgary Bus Rapid Transit (BRT) to be built on 14 Street SW, delivered a petition to the city clerk's office Monday. METRO FILE

"My hope is that they will see there's a considerable amount of concern in Calgary in regards to the southwest BRT," said Hallman. He said the group has concerns with safety, the design and cost.

The next Transportation and Transit committee meeting is scheduled for April 20, where Ready to Engage said they would be attending and encourage others to come voice concerns.

CHILD ADVOCATE REPORT

Baby drowned in brew

Alberta's child advocate is calling for more support for children of parents with addictions after a baby drowned in a batch of homebrew.

Del Graff also recommended in his report released Monday that workers need to better know what to do and who to notify when a child is at risk.

"It is possible for addicts to become so focused on the substance they overlook needs of their children," wrote Graff

Graff's report doesn't identify the dead girl's family. The child's mother earlier pleaded guilty in court to criminal negligence causing the death of her daughter in 2013 and sentenced to 90 days in jail.

A judge heard that the 10-month-old girl tumbled head first into a crate of a fermented potato-yeast concoction while her mother was sleeping off a night of drinking in their trailer in Fox Lake, a remote, northern community that's part of the Little Red River Cree Nation.

The baby's 12-year-old brother made the discovery when he came home from school.

Child intervention workers received concerns about drinking in the home about a year before the girl was born, said the report. The grandparents agreed to monitor the situation and the file was closed.

A First Nations agency was assessing the home's safety when the girl died. Her siblings were later placed in the care of their grandparents.

THE CANADIAN PRESS

CENTRE 4800

Housing project to face appeal board

Tuesday is the do-or-die day for the controversial Centre 4800 project.

The Calgary Drop-In purchased a former hotel with plans of turning it into affordable housing units for people transitioning out of homeless shelters.

On Tuesday, lawyers for the Drop-In will make their case in front of the Calgary Subdivision and Development Appeal Board.

"There will be a number of submissions that will be heard — the affected parties of the people that live in the area will have an opportunity to speak. Then we'll wait for some direction from the development appeal board," said Debbie Newman, executive director of the Calgary Drop-In.

There has been intense public pressure from the communities of Thorncliffe and Greenview to reject the project. They have alleged the consultation process on the project was flawed.

Metro reached out to the Thorncliffe-Greenview Community Association for comment but didn't receive a response by deadline.

Newman says the appeal board should reject all the baggage, and simply look at the project on its merits.

"We feel the project has met all the criteria that the city requested — the project should succeed on those merits alone," she said.

Newman said every person needs a place to live, and the fears of the community are unfounded.

"It becomes discriminatory if you say only certain people of a certain race, certain colour, certain background — can be allowed into neighbourhoods," said Newman. "It really becomes a human rights issue."

BRODIE THOMAS/METRO

Eight-year-old Ethan Nielson was on his way home from piano lessons when he was struck by a vehicle in Cranston. SUBMITTED

Child hit by car faces brain injury

PEDESTRIAN COLLISION

Doctors plan to end sedation of Ethan Nielson

Brodie Thomas
Metro | Calgary

The father of a child hit by a vehicle in Cranston on Thursday said it could take a week for the eight-year-old to wake from sedation.

Ethan Nielson was struck by a vehicle while crossing the road in Cranston on Thursday afternoon and he's been under sedation ever since.

His father, Jordan Nielson described Ethan as a gifted kid who loves math, reading and Lego.

"He was on his way home from his piano lessons at the time (he was struck), which he also does very well at," said Jordan.

Ethan has been under sedation since the accident according to his mother, Melanie. On Monday, after a morning MRI, doctors were planning to stop the sedation.

"I am so excited to see him fighting, and am sure I will have a smile plastered on my face as he pulls one stunt or another, yet I am scared. I am scared to feel the depth of emotion, I am scared to see him angry and hurting, I am scared that I am not going to be able to do anything to help him," wrote Melanie on a GoFundMe page set up for the family.

Melanie wrote that Ethan is facing a severe brain injury and doctors say the prognosis was "not good" when he arrived at hospital.

Both parents say they're taking time from work to be with their son, and they may also have to pay ambulance and air-ambulance bills. The GoFundMe page has already raised almost $10,000.

Aside from his brain injury, Ethan suffered a fractured pelvis, a broken bone in his ear, and a broken bone near his eye. Doctors say all will heal, but the eye injury may require further surgery.

$10K

To date **the GoFundMe page has raised $10,000** to help pay for Ethan's ambulance and air-ambulance bills.

IN BRIEF

City launches census
Calgarians should expect access codes in the mail for the 2016 civic census. Citizens have until April 10 to fill out the census online at Calgary.ca/census. The information collected is used by the city for the planning of services, such as roads, transit, recreation and water services. It is also used by the public and separate school boards for enrolment predictions, decisions on future schools, and by the provincial government for determining per capita grant allocations where available. METRO

Mayor hopes transit funding comes in budget
Calgary's mayor is anxiously awaiting news that will cement his federal budget hopes: infrastructure bucks for Calgary.

"Signals that we've been getting are very much that there'll be some significant money for infrastructure," Naheed Nenshi told reporters. "The federal government will depart from the traditional one third one third one third financing model, and that there will be relatively few strings on stimulus money so that we can get people working during this construction season."

On top of the infrastructure dollars, which the Toronto Star reported were sitting at around $60 billion over the coming decade, Nenshi said he's hoping for a commitment to long-term funding for transit. He said he's not expecting any word provincially about Green Line funding, but noted the federal budget will could be a piece of the puzzle the province needs to commit. HELEN PIKE/METRO

The Alberta Liquor Store Association is asking members if they're interested in handling marijuana sales. THE CANADIAN PRESS

Alberta liquor stores pondering pot sale

LEGAL MARIJUANA

Vendors are preparing now in case the laws do change

Samantha Power
For Metro | Edmonton

Even before Alberta Finance Minister Joe Ceci jokingly suggested retail pot sales go to liquor stores last week — which he quickly retracted — the Alberta Liquor Store Association says it was asking its members about the idea.

"We started the conversation back last year when the new federal government had a policy of legal marijuana," said Ivonne Martinez, president of the association.

No clear sales model has emerged following legal marijuana in the U.S.: Washington's market is supervised by the Washington Liquor Control Board, while Colorado's is monitored by the Marijuana Enforcement Division of the Department of Revenue. Colorado allows for retail distribution alongside medicinal marijuana, while Washington's laws prevent that integration.

But here in Alberta, the possibility of a legality change is seeing many prepare.

> **When the time comes, we hope to sit at the table with the government as they develop the Alberta model.**
> Ivonne Martinez

Martinez said ALSA members are being asked about the idea through a formal survey and direct conversations with store owners, and results should be known at the end of April.

She added her hope is the association will develop a preliminary policy position on retail pot sales in its member stores that reflects member needs, and then to take that position to government.

"When the time comes, we hope to sit at the table with the government as they develop the Alberta model," Martinez said. "If this is a good fit and if it is how we might be able to assist in the process in selling this product in a responsible way."

Ceci said last week there is no government policy yet in place. "When the feds make their decision then the Alberta government would make their decisions," he said.

HEALTH

NDP looks to expand midwifery

Jeremy Simes
For Metro | Calgary

Amid the closures of some Alberta midwife practices, Health Minister Sarah Hoffman indicated more pregnancies supported by provincially funded midwives —known as courses of care — will be available come April.

"Our government is really excited about expanding the number of cycles of care," she said. "If I were one of those midwives or moms I would be really looking forward to the April 14th budget."

Despite the boost, on Sunday three midwifery practices specializing in vulnerable and rural populations announced they're closing due to how Alberta Health Services (AHS) decided to divvy out funds. The move will see a handful of experienced midwives lose their jobs, prompting them to find work out of province or country.

Hoffman said AHS decides where the courses of care go.

Wildrose Status of Women Critic Angela Pitt said she's annoyed with the NDP's inaction on the issue.

"I think they need to remove the funding cap — it's an important piece that offers choice to women," she said.

Hoffman said the Official Opposition has it wrong — the government's commitment to increasing courses of care shows it values midwives.

But Nicole Matheson, president of the Alberta Association of Midwives, said the closures highlight a crisis that needs immediate action. She said a new funding model — where midwives would be under the same umbrella as family doctors — is a long-term solution. To save these practices, midwives will need a boost in funding immediately, she added.

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City holds vigil for missing children

ALLEGED ABDUCTION

Kids' father may have taken them to Iraq

Stephanie Joe
For Metro | Calgary

The sister-in-law of a woman whose children have been allegedly abducted and taken to Iraq by their father believes that he had been planning the abduction for some time.

Tammy Jeffrey is Alison Azer's sister-in-law. She is married to Azer's eldest brother, and took part in a vigil at Calgary City Hall Monday on behalf of the four children.

Saren and Alison Azer separated in December 2012. Jeffrey said she believes Saren was planning the abduction since their divorce.

She said Saren has taken the children out of the country before, but always returned them safely. She believes last summer's trip to Iraq may have been a ruse.

Saren has worked with an international doctors' organization that provides medical care to refugees and has done humanitarian work.

"Obviously we're quite shocked that someone who does show compassion (might) do this to his own children," said Jeffrey.

Jeffrey is asking on her sister-in-law's behalf that the children be brought back to their mother in Canada.

IN SYMPATHY: Jennifer Kinch, centre, embraces daughter Pepper Davis during a yellow candle vigil at city hall Monday. The vigil was in honour of siblings Sharvahn, Rojevahn, Dersim and Meitan, who were allegedly abducted by their father in Iraq. KENNETH APPLEBY/METRO

LAST HEARD FROM

Mother last spoke to her children August 2015

Alison last spoke to her children on Aug. 13, 2015. Saren was to have the kids call every 48 hours. Saren was given permission to take the children on a vacation to Germany and return them by Aug. 24, 2015. The children only spoke English when they were taken. They did not speak the language of the region that they are now believed to be in. METRO

"Canadian children have been taken from their home and they're in a dangerous, war-torn country right now," said Jeffrey. "I'm sure they're terrified."

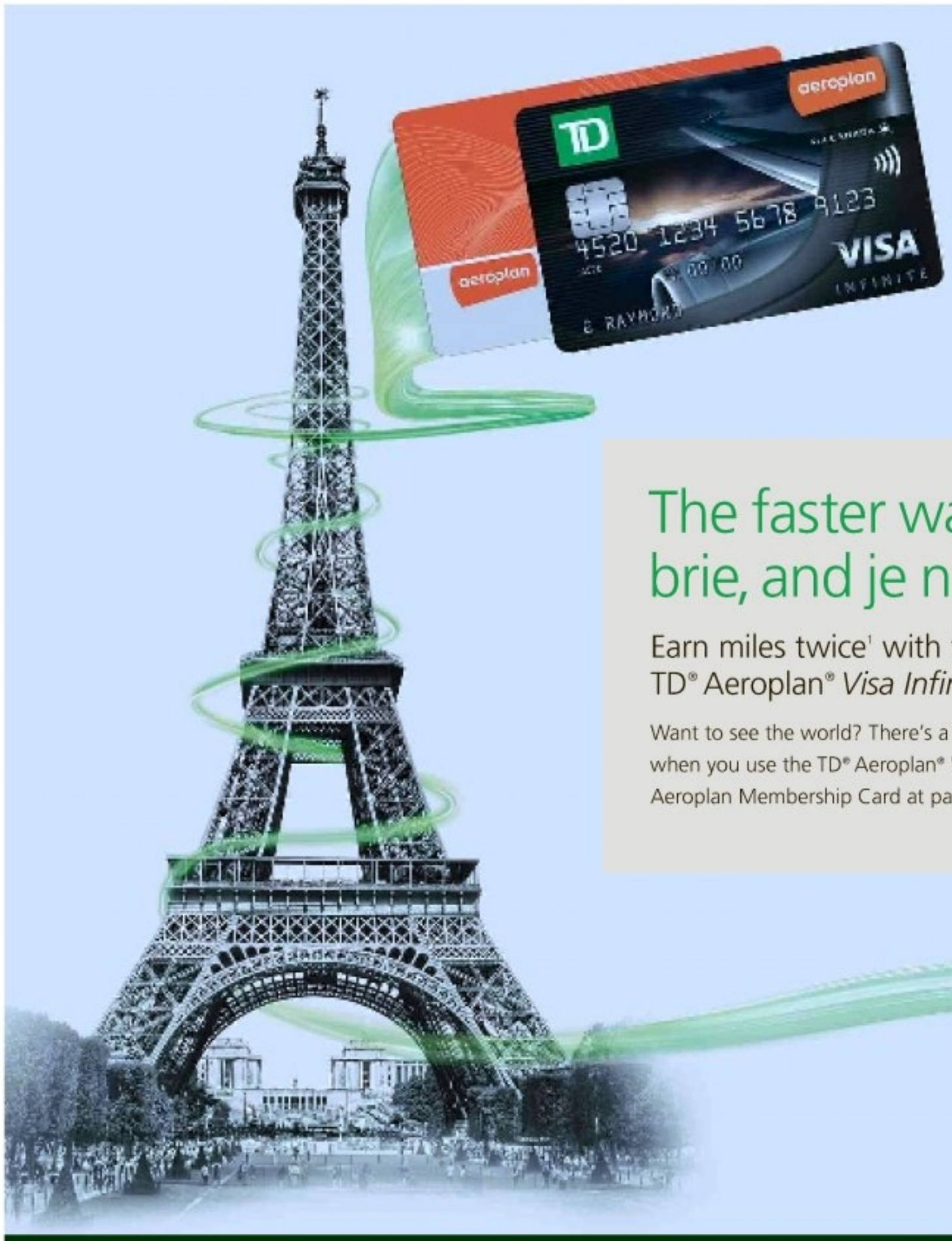
Mimi Harris, who has known Alison and her family eight years, said Alison has been to Iraq twice trying to secure her children's return, working with the Canadian and Kurdish regional governments.

"We've been working tirelessly," said Harris. "To date we have no tangible sign that we're any closer to getting the children back"

Jennifer Kinch took part in the vigil on Monday afternoon, along with her three children.

"I think that this is one of the biggest fears that any parent can have," said Kinch.

"I think that if the people that can provide change in this situation really put their feet into Alison's shoes as parents, they would do whatever it takes to bring those babies home."



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More than 330 animals were seized as part of an investigation into a Calgary aquarium. COURTESY CALGARY HUMANE SOCIETY

Aquarium shop raided

PETS

Charges laid over animal welfare, 330 animals seized

Stephanie Joe
For Metro | Calgary

More than 330 animals were seized from a Calgary aquarium shop, leading to multiple charges against the owners.

A Calgary Humane Society investigation led to the seizure of the animals in December 2015.

Riverfront Aquariums manager Wayne Woo and owner Michael Chow were charged March 16 under the Animal Protection Act of Alberta.

Riverfront Aquariums' former owner Wayne Woo faces three separate charges from previous offenses in 2014 and 2015.

First court appearances are scheduled for May 24.

"What is most concerning in this case is the blatant disregard for the basic welfare of the animals in the care of this business," said Brad Nichols, senior manager of Animal Cruelty Investigations.

He said that they have had their eye on this business for quite some time because of the three previous charges laid against them.

This specific incident came from a public complaint made against the aquarium.

The Calgary Humane Society cares for the seized animals and brings them back to health and the healthy ones are put up for adoption right away.

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CALGARY GREENWAY

PCs' future rests on byelection

Voters go to the polls Tuesday in an Alberta byelection that political observers describe as a barometer of whether the provincial Progressive Conservatives still got game.

"For the PCs it would be devastating if they didn't hold on to something like this," said Melanee Thomas, a political scientist with the University of Calgary.

"If they can't hold seats that they have always held in Calgary, they've got some issues to work on."

The Calgary Greenway seat became vacant last November when Tory legislature member Manmeet Bhullar was killed in a chain reaction highway crash after he got out of his vehicle to help a stranded motorist.

Bhullar was one of 10 PCs who were left after Rachel Notley and the NDP won a majority in last May's election and ended more than four straight decades of Conservative governments.

The PC party and caucus are trying to pick up the pieces. They have yet to pick a new leader and are facing pressure from some circles to unite with Brian Jean's right-of-centre Wildrose party.

Calgary Greenway, an ethnically diverse constituency on the city's eastern boundary, has also been a Tory fortress and Bhullar had held it since he was first elected in 2008.

Political scientist Duane Bratt said this byelection has wider ramifications for PC fortunes.

"This is really about the PCs and whether they can hold it," said Bratt, who is with Mount Royal University in Calgary. "If they don't, then any discussion about mergers and the Wildrose are going to be even stronger.

"(But) if the PCs win, they're going to be able to say, justifiably, 'We're not dead yet' and that there's a problem with Wildrose and their ability to win in the cities." THE CANADIAN PRESS

> **It would be devastating if they (the PCs) didn't hold on to something like this.**
> Melanee Thomas

CRIME

Police seize $35,000 in drugs after investigation

A $25,000 Rolex watch and more than $35,000 in drugs have been recovered after a two-day Calgary police operation in the northeast.

On March 11, officers began an operation focused on a home in the 3500 block of Catalina Blvd. NE. They were responding to an unusual amount of comings and goings from the address, police said.

Through three traffic stops, officers managed to obtain large amounts of drugs and allegedly stolen goods.

In total, more than $35,000 in drugs was recovered.

Four individuals face numerous drug and property related offences: Lee Sheldon Kelner, 32, Krystal Paige McQuaid, 26, Rene Adrian Daniels, 35 and Lindsay Sharon Bezovie, 28.

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University of Lethbridge

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Sonia Bakhtiar and her family pose with their puppets, which were connected by hand to form a long chain of puppets across the Calgary Puppetry Day celebration floor. AARON CHATHA/METRO

Hands up (and in) if you love puppets

ARTS

Calgarians get into the spirit for World Puppetry Day

Aaron Chatha
Metro | Calgary

Monday's World Puppetry Day celebration allowed Calgarian Nadia Asad to realize a lifelong dream.

"My friend is making a daughter," smiled Sonia Bakhtiar, who watched the kids as her friend worked. "She has three boys, so now she's putting girl clothes on a puppet."

Meanwhile their kids were expressing themselves through puppet ninjas, and a man made entirely of stickers.

The World Puppetry Day celebration, held by WP Puppet Theatre, encouraged people to create a puppet and add it to one of the chains of puppets set up through the space, all holding hands.

Puppeteer Peter Balkwill of the Old Trout Puppet Workshop celebrated by letting a group of kids name one of his puppets.

They named him Michael Harry Roger Bah Michael.

"Quite a regal name," remarked Michael Harry Roger Bah Michael upon learning his new name. The puppet was shaped to look like an old man, complete with a gruff voice.

Balkwill was one of the performers present at the celebration, hoping to inspire and younger generation to fall in love with puppetry.

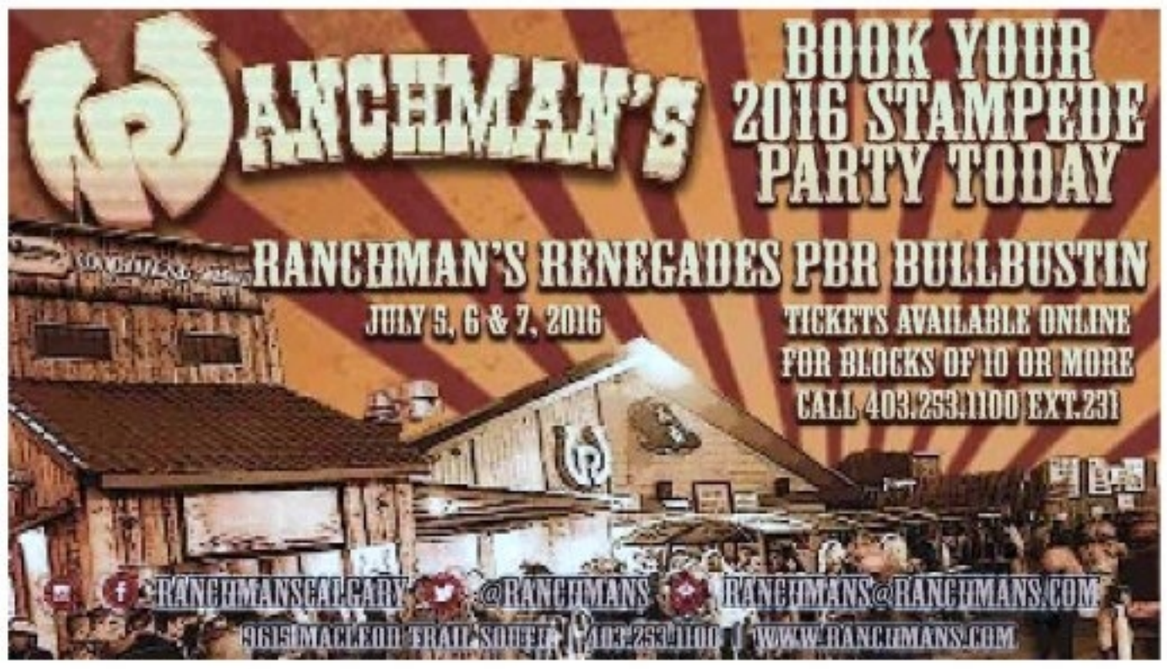
Balkwill, however, did express concern at how a World Puppetry Day is created.

"Who gets to go, 'Let's declare this world something day?'" he laughed. "Is there some sort of organization in Geneva that's like, 'Awesome, we'll take that into consideration. OK, this day is World Puppetry Day.'"

He said the day is more important on the civic level, rather than a global scale.

"We can call it Calgary puppetry day and it would mean the same for us," he said. "It's exciting to think we're working with younger generations to generate an appreciation for creative activity."

The event, held at Fort Calgary, allowed local puppet companies to reach out to kids, and let them know where to see puppet shows year-round.



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HARM REDUCTION

Injection site faces hurdles for approval

Ryan Tumilty
Metro | Edmonton

Advocates for a supervised injection site in Edmonton will have to face a rigorous federal review, but they already have signs of support from some of the people they will need.

A group called Access to Medically Supervised Injection Services Edmonton announced they would like to see a site in the city, where drug users could inject under sterile conditions and supervision from medical professionals.

The group is proposing to use existing harm reduction agencies as sites, but hasn't identified specific locations.

Under a federal law passed by the former Conservative government last year, anyone looking to set up a site has to undergo extensive public consultation, research on crime and disorder rates and obtain letters outlining the position of the local government, health minister and police chief.

Mayor Don Iveson said he personally supports supervised injection sites.

"Harm reduction is the right way to go. All the evidence points to better health outcomes, lower social disorder, more opportunities to help people combat their addictions," he said.

But Iveson cautioned he would want to discuss the idea with council before the city submitted a formal position.

"I think it makes sense, but I think it is good for council to see that evidence and make it a city position," he said.

Health Minister Sarah Hoffman said her government believes in the science of harm reduction, but also wants to make sure communities are heard.

"Certainly harm reduction is consistent with the values of this government, but so is working with the community in partnership," she said.

She said they were keeping an eye on other parts of the country to see how the sites work.

"At this point, we are still in the research phases and looking at what is happening in our neighbouring jurisdictions."

Edmonton Police Chief Rod Knecht was away on Monday and not available for an interview.

SOUTHWEST

Firefighters extinguish morning house fire

The Calgary Fire Department (CFD) responded to an early Monday morning blaze in the city's southwest.

At 3 a.m. Monday, fire crews were called to a row of four connected townhouses located on Lincoln Way SW. Upon arrival, they found second unit having a large volume of smoke and flames coming from the main floor, according the CFD.

An initial update indicated that there was a child trapped on the second floor, however it was quickly confirmed that all occupants fled the townhouse.

The units that were downwind from the fire were the evacuated because of the drifting smoke, the CFD said, adding those people have since been allowed back into their homes.

There were no injuries and the investigation into the cause will continue once the fire is considered out. METRO

Iman Bukhari stands with her team, who aim to eliminate racism through the medium of film. AARON CHATHA /METRO

Anti-racism activism through short films

SCREENINGS

Screenings mark day for elimination of bigotry

Aaron Chatha
Metro | Calgary

Calgarian Iman Bukhari is eliminating racism the best way she knows how — through a lens.

The Canadian Cultural Mosaic Foundation screened a number of short films produced by Calgarians tackling the theme of racism. The group was marking International Day for the Elimination of Racial Discrimination.

"We know racism is a hard topic — people don't like talking about it — so we thought if we made it more engaging, almost fun, people would be more likely to engage in anti-racism action," said Bukhari, CEO of the foundation.

The films, which were produced in February's 48-hour Anti-Racism Film Festival, covered a range of topics and tones. Bukhari said some were more poetic, some were documentaries and some touched on recent, real-life hate crimes.

Bhavesh Chauhan's more plot-oriented project focused on a group of people who kidnap a known racist, and take him to a med student in an effort to "cure his racism."

> **"I think video is one of the most important mediums in our society."**
> Iman Bukhari

On the other end of the spectrum, David Hohol's project became a mini-documentary about Calgarians and their experience with racism. One of his subjects was a supermarket cashier, new to the country, who was criticized at work about her accent.

"Sometimes, right there in the lineup, people will yell at her and say, 'Why don't you go back to where you come from until you can learn to speak English," said Hohol. "It's just shocking that people would even say that in public.

"She raised a complaint with her boss, and her boss said, 'Well, that's just the way it is."

Bukhari hopes the videos will spark more conversations about racism within the city.

"I think video is one of the most important mediums in our society," she said. "I mean, YouTube alone is the second-most used search engine, and it's all video."

After the projects are screened, they will be available online at www.canadiancmf.com.

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Noah White, with his mom Erin, will be part of a trial for Alberta Health Services' new asthma initiative. JEREMY SIMES/FOR METRO

A plan to breathe easy

ASTHMA

Initiative lets doctors make quicker diagnoses

Jeremy Simes
For Metro | Calgary

During this past hockey season, Noah White could stride down the ice on a breakaway without needing to take a hit from his puffer.

White, who has allergy-related asthma, plans to be part of a trial that will ideally see fewer kids admitted to emergency rooms and many more breathe easier.

The trial — funded by a $750,000 grant from the Partnership for Research and Innovation between Alberta Health Services (AHS) and Alberta Innovates Health Solutions (AIHS) — will put a treatment guide into patients' electronic medical records.

Called a decision-making tree, doctors will use the medical records to make diagnoses while their staff receive more training to provide education on asthma treatments.

Parents will also have access to the tree so, if used properly, kids will never have a shortage of medication.

AHS senior medical director Dr. David Johnson said asthma is one of the most common reason for kids' urgent hospital admissions.

"We knew we could do better," he said.

White's mom, Erin, said Noah's had his fair share of emergency room visits, so this new initiative is sorely needed.

"We've had to go through his whole history every single time, which only delays treatment," she said. "Having his information already there would save me time and stress."

It'll also be helpful for hockey games, Noah added.

"I don't want to have an attack," he said. "I want it to be able to start playing again."

Decision-making trees will available for doctors at 22 practices across Alberta. If successful, AHS plans to roll it out provincially.

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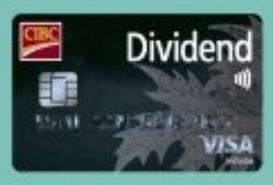

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Student Sonia Marreiros said working with Paul Brandt on humanitarian issues has been eye-opening. AARON CHATHA/METRO

Country star does good in university

MENTOR

Paul Brandt to be Storyteller-in-Residence at Mount Royal

Aaron Chatha
Metro | Calgary

Calgary country star Paul Brandt is back in the classroom telling stories.

Brandt will join Mount Royal University as Storyteller-in-Residence for the next two years. In that time he'll mentor students and provide leadership for student initiatives.

The Mount Royal alumni, who graduated from the school's nursing program in 1992, has already lent a hand to students with an awareness campaign centred around human trafficking and missing and murdered indigenous women.

The campaign is called W: at MRU.

"It's a big issue in Canada," said student Sonia Marreiros. "I personally didn't know it was a big issue until we actually got to work with Paul Brandt."

The campaign includes the set up of six displays, interactive experiences and performances that will be stationed around MRU until April 7.

For Brandt, it's a personal issue related to an experience the musician had in Cambodia.

"I met a little girl who was six years old. She was being sold to a brothel six to eight times a night. At six years old," said Brandt.

"It broke my heart. It made me think about my own daughter who's five years old now.

"It made me think, what am I going to tell her some day that daddy did about this issue."

Valerie Kinnear, dean of the Bissett School of Business, said with the victims of human trafficking, or missing and murdered indigenous women, families are often left looking for their loved ones, rarely reaching a sense of closure.

"It's not something that's just happening in Cambodia or Thailand, it's happening here in Canada, in Calgary, at our malls," she said.

"The traffickers know exactly what they're looking for and they know how to pick up vulnerable young women. It's a tragedy both for that person and their family."

The campaign will culminate in an event on March 30 at the Bella Concert Hall, where Brandt will perform and host informative talks on the topic.

For more information, visit mruimpact.com

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Staging with colourful patio furniture creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space. ISTOCK

Staging with a bit of colour

HOMEOWNERS

Brighten up your home's exterior for extra attention

Lisa Evans

When selling a home, many homeowners understand the importance of staging the interior — removing clutter, painting a neutral colour and adding some fresh flowers to the hall table. But what about the exterior?

"When people drive up to the front of a property, they sense whether a home is going to be a possibility for them," says Carlo Sconza, a real-estate agent with Keller Williams. An inviting exterior makes buyers more receptive to viewing the home and can even lead them to overlook some imperfections inside.

One of the easiest ways to add pizazz to the outside of your home is with colour. Here are a few creative tips to brighten your place and wow potential buyers:

Make the front door pop
Painting the front door a different colour from the rest of the house is not only a great way to add a pop of colour to your home but gives it some personality.

"Adding colour just to the front door is a low-risk way to add character," says Carson Arthur, star of HGTV's Critical Listing. Millennials in particular list character among the top three traits they look for in a home. Benjamin Moore has a line of paints called "Grand Entrance" specifically designed for the front door.

Use colourful planters
Flowers are another quick and easy way to make your home more colourful.

But rather than planting a lot of flowers in the garden, purchase a couple of outdoor planters and put one on each side of the door, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs.

"It brings your eye right to the front door," she says. If you have a porch, hanging planters are also a great way to draw the eye and add a touch of colour to your home.

> **When people drive up to the front of a property, they sense whether a home is going to be a possibility for them**
> Carlo Sconza, real-estate agent with Keller Williams

Accent your outdoor living space
A front porch or back deck is an important selling feature as it adds extra living space to your home.

This area, too, is easy to enliven with colourful accents. Staging with patio furniture or even a small bistro table with two chairs creates the feeling of home and welcomes visitors to sit and enjoy the outdoor space.

Add brightly patterned cushions, a fun tablecloth or a fresh floral bouquet for extra charm. When people can see themselves enjoying the space, they'll be more inclined to purchase the home.

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Selling a home: How to make a first impression

YARD LOVE

Just a little landscaping can add that elusive curb appeal

Lisa Evans

As the first thing potential homebuyers see, the outside of your home makes a big impression. According to a Century 21 study, first impressions can contribute seven to eight per cent to the value of your home. As you prep your home for sale, don't forget to give your yard some love — a little landscaping can make a big difference. Here are some expert tips to get you started:

Clearing the pathway to your front door is a great way to create an inviting entrance. ISTOCK

Show off the home's entrance
Clearing the pathway to your front door is a great way to create an inviting entrance. "People love homes where you can clearly tell where the door is," says outdoor-design and lifestyle expert Carson Arthur. If your home doesn't have a pathway, consider adding one in at low cost.

Clean up the lawn
Remove all evidence of a harsh winter from your front lawn, says Jill Appel, landscape designer and owner of Curb Appeal Garden Designs. This means pulling weeds from the lawn and gardens, cleaning the walkway, pruning overgrown shrubs and bushes, and removing any dead plants from your garden. Carson Arthur recommends top-dressing the lawn before putting up the For Sale sign. "A green lawn really attracts people," he says. "It makes your lawn look healthy and well-cared for."

Pare down front gardens
When it comes to planting in the front yard, less is more. A garden overloaded with plants can be intimidating to some buyers, says Arthur.

"People think, 'Oh wow, that's a lot of work, I'm not sure if I'm the right person for that,'" he says. Trimming back the garden, leaving a few plants and adding neutral-toned mulch can make your garden look low-maintenance and attractive to buyers.

A green lawn really attracts people — clean up your yard before putting up the For Sale sign. ISTOCK

"Mulch makes the garden look well cared for and neat and tidy and it doesn't intimidate anybody," says Arthur.

Add lighting
Landscape lighting is a great way to highlight your home's outdoor features during evening showings.

"If you have a beautiful weeping Japanese maple and you light it up, it's gorgeous," says Appel. Porch lights, as well as lights going up your walkway, help illuminate your home's entrance and make it welcoming. Just make sure the bulbs are all working before putting your home up for sale.

Montreal eyes bottled water ban

ENVIRONMENT

Industry wants city to consider recycling as a better solution

A passing mention by Montreal's mayor that plastic-bottled water is next on the city's environmental to-do list has caught the industry's attention.

After moving to ban plastic bags by 2018, Mayor Denis Coderre hasn't announced any firm game plan on the bottle issue. "But the debate is important," Coderre said recently. "We need to have that debate on plastic."

The Canadian Beverage Association, which represents major players such as Coca-Cola, Pepsi Co. and Nestle, has hired a lobbyist to deal with the city.

"We don't think banning (bottled) water is a solution," says Martin-Pierre Pelletier, suggesting a ban would only deprive residents of choice.

Pelletier said the perception that people favour bottled water over the tap variety isn't accurate, noting 91 per cent of those who drink bottled water reach for the tap at home.

ISTOCK

An industry finding shows two-thirds of adults who buy bottled water do so instead of another packaged beverage. The industry wants the city to favour a recycling solution.

According to the Canadian Bottled Water Association, the national recycling rates for plastic beverage bottles was about 72 per cent. Executive director Elisabeth Griswold says the group considers anything less than 100 per cent unacceptable.

The plastic bottles are made of polyethylene terephthalate (PET), which is completely recyclable and reused in making water bottles, Pelletier said.

"Instead of banning a product that is healthy, useful, we believe we should spend our time and efforts in building up public space recycling," he said.

THE CANADIAN PRESS

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IN BRIEF

Valeant CEO quitting
Quebec drug maker Valeant Pharmaceuticals announced a shakeup Monday that will see CEO Michael Pearson leave following a succession of setbacks that have hammered its reputation and sapped its stock value. Once one of Canada's most valuable companies, Valeant has been embroiled in controversy for months.

THE CANADIAN PRESS

Apple unveils smaller iPhone, new iPad

Apple unveiled a small new iPhone, a new iPad tablet for business use and knocked $50 US off its Apple Watch at a product event Monday. The announcements, which were largely expected, aim to keep up the company's commercial momentum in the face of unexpected challenges.

The new phone — the iPhone SE — is an upgrade to the older, four-inch iPhone 5S, released in 2013. It's aimed at consumers who haven't sprung for the bigger-screen iPhone 6 models that Apple introduced over the last two years. The new phone comes with features like Apple Pay and the company's fastest processor, which have previously been offered only on versions of the iPhone 6.

Apple also unveiled a smaller model of the iPad Pro, which the company introduced last year with several features — like a detachable keyboard and stylus — designed for business users.

Apple VP Greg Joswiak unveils the new iPhone SE in California on Monday. GETTY IMAGES

$399
The price of the iPhone SE with no cellular contract. Larger iPhone models list at $549 US or more.

The Apple Watch, which has yet to win a big following, got a price cut. It will now start at $299 US and will also come with new wristbands.

The iPhone SE might not see the kind of blockbuster demand that Apple enjoyed with its large-screen iPhone 6 and 6S models, according to several financial analysts, but it could help Apple boost overall sales. It might also draw some additional users into the market for Apple's online services, including Apple Music, Apple Pay and the highly profitable mobile App Store.

While shoppers bought a record 74.8 million iPhones in the final three months of 2015, Apple has signalled demand in the current three-month period will fall short of the 61 million iPhones sold in the January-March quarter last year.

The iPhone SE will sell for $399 with no cellular contract, significantly lower models.

The smaller phone may appeal to some shoppers, especially in overseas markets, who want a premium phone at lower cost. It could also draw interest from owners of older iPhone 5 models who find the larger models unwieldy.

THE ASSOCIATED PRESS

UNLOCK FIGHT

Hearing cancelled
A hearing between the U.S. federal government and Apple has been cancelled as the FBI works with an "outside party" to unlock a San Bernardino attacker's iPhone.

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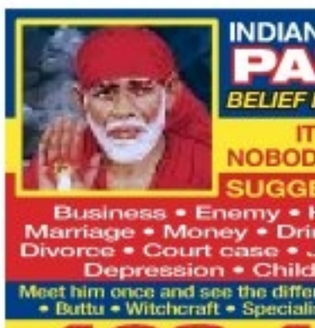

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Border wall splits voters

POLITICS

Residents near the U.S.-Mexico divide react to Trump's plan

Donald Trump's ambitious plan to build a giant wall on the border with Mexico hits close to home for many people. As the presidential contest shifts to Arizona and its Tuesday primary, Trump's wall stirs up a range of emotions among border-area residents.

Reporters interviewed people who live on the border to get their perspective on Trump's border wall plan:

BACK AGAINST THE WALL
For Jim Chilton, illegal immigration and drug smuggling isn't just something he hears about on the news: He lives with it every day as smugglers routinely cross the border on his property.

"We need a wall. We need forward operation bases. We need Border Patrol to be down there all the time," Chilton said. "We just need to secure that international boundary at the border, period."

BOTHERED IN BISBEE
Artist Kate Drew-Wilkinson lives in Bisbee, Ariz., where she owns a gallery a few miles north of the border. Drew-Wilkinson opposes Trump and his wall proposal, saying he's a bully who is dangerous to the United States.

"I don't think he has a real understanding of the geography or the sheer difficulty of building a wall of that kind," said, Drew-Wilkinson. "And it's ugly. The whole thing is really ugly."

A SOLID FOUNDATION
John Ladd is a cattle rancher whose roughly 15,000-acre ranch abuts the border near Naco, Ariz. Ladd simply likes that Trump has been talking about illegal immigration since the beginning of his campaign.

"That really rang a bell with me and a lot of the ranchers, that finally we had somebody in the political arena that wasn't worried about being politically correct and talked about the problem that is actually happening," he said

CONFLICTED REPUBLICAN
Hector Orozco manages a manufacturing company south of the border with offices on the American side. He is also an immigrant from Mexico who became a U.S. citizen and traditionally voted Republican.

But Orozco said he can't get behind the party. "It's like they're trying to distract us from the bigger problems," he said. "(Illegal immigration) is a problem, but it's not the biggest problem."

THE ASSOCIATED PRESS

Jim Chilton supports the wall and doesn't go anywhere on his Arizona ranch without his guns at the ready in case he encounters armed smugglers. BRIAN SKOLOFF/ THE ASSOCIATED PRESS

INDIA THE FUTURE IS BRIGHT Indian Hindu widows throw flower petals during Holi celebrations at the Gopinath temple, 180 kilometres southeast of New Delhi, India. A few years ago this joyful celebration was forbidden for Hindu widows.

Like hundreds of thousands of observant Hindu women they would have been expected to live out their days in quiet worship, dressed only in white, their very presence being considered inauspicious for all religious festivities. MANISH SWARUP/THE ASSOCIATED PRESS

VACATIONS

Canadians hit Cuba ahead of U.S. tourists

Zane Woodford
Metro | Halifax

As Cuban-American relations continue to thaw, a Canadian travel agency says travellers from this country are hoping to hit the beaches before changes for American travellers take hold.

"No one knows at this point what those changes are going to represent in terms of Canadian travellers vacationing there, but there's certainly a sense of wanting to get in before it does," says Blair Jarrett, Halifax-based Maritime Travel senior director of marketing.

> "No one knows at this point what those changes are going to represent in terms of Canadian travellers. Blair Jarrett, Maritime Travel

While travel to Cuba for tourism is still technically banned for Americans, President Barack Obama's administration has continued to ease up on restrictions.

Since last year, Americans have been able to travel to Cuba under 12 categories including family visits, religious activities, and educational activities. Before last week, people travelling for educational purposes had to travel in authorized tour groups, but now they'll just have to fill out a form saying they're not going to Cuba just to drink on a beach.

"I think there's quite a bit of red tape and quite a bit of organizing that has to happen before Americans start arriving in droves at the all-inclusive resorts," said Jarrett in an interview Monday, though he acknowledged that is bound to affect prices eventually.

Jarrett said Cuba has long been a preferred destination for Canadian travellers, with more than one million annual bookings, but this year, it's been even more popular.

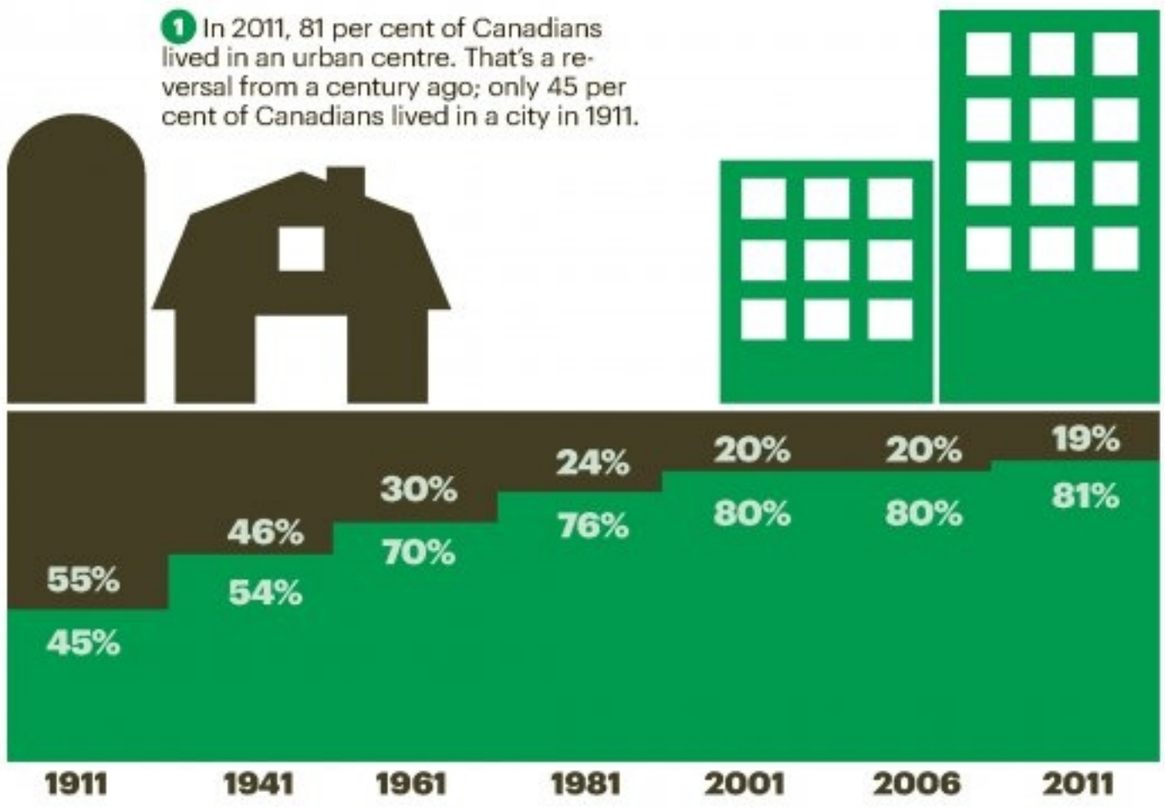
"There's certainly a fondness there, and for people who love that, or even maybe have not been before, there's a certain charm and a certain character that they would like to experience in case it might change moving forward," he said.

THE 2016 FEDERAL BUDGET

Rise of Canada's cities

Luke Simcoe
Metro | Toronto

The Liberals are billing Tuesday's big budget reveal as a step forward for cities and are expected to announce funding for much-needed municipal projects such as transit and housing. But why all the attention — and money — for our big cities? Experts say it's because Canada, like other countries, has become a truly urban nation, and Ottawa is finally taking notice.



2 According to 2009 data, 72 per cent of Canada's GDP was produced in urban centres. In fact, over 50 per cent of the GDP can be traced to just six cities: Toronto, Montreal, Vancouver, Edmonton, Calgary and Ottawa.

3 Canada's cities are magnets for newcomers. Nine out of every 10 immigrants coming to Canada reside in a metropolitan area, according to Statistics Canada. The country's three largest cities — Toronto, Montreal and Vancouver — accounted for nearly 63 per cent of all new arrivals between 2006 and 2011.

4 Canadian cities are younger. Data from the 2011 census shows urban areas have a higher proportion of residents under the age of 65 than rural ones.

GRAPHIC BY ANDRES PLANA/METRO

POLITICS

Ex-Toronto mayor in palliative care

Rob Ford's family is trying to make him as comfortable as possible as he continues to battle cancer in palliative care at Toronto's Mount Sinai Hospital, his office has confirmed.

"Family members have been with him around the clock," said Ford's brother and former city councillor Doug.

"I have been at the hospital for the last five days and nights by his side.

"Rob is a fighter and continues to fight. We are so grateful for all the support for him from all over the world. It is incredible!"

The former mayor's condition hasn't changed since Thursday, when his office put out a statement. Palliative care is typically defined as health care for those facing life-threatening illness.

By Monday afternoon, more than 6,400 messages of sympathy had been posted to a site set up by his family, GetWellRobFord.com.

"Dear Rob: I've always admired your 'authenticity' & your down-to-earth humanity," wrote one user, C. Lee. "I'm sure it's not easy as your traverse this difficult passage but try to stay strong & positive."

Ford, who dropped his mayoral re-election campaign in 2014 due to illness and was diagnosed with pleomorphic liposarcoma, was readmitted to hospital last fall after doctors found tumours on his bladder. TORSTAR NEWS SERVICE

Rob Ford TORSTAR NEWS SERVICE

We are so grateful for all the support for him.
Doug Ford

IN BRIEF

Arbitrator slashes owed amounts of 10 senators

A former Supreme Court justice says some of the flagged expense claims by senators should not have been charged to taxpayers.

Arbitrator Ian Binnie reduced repayment bills for 10 of 14 senators who challenged the auditor general's report, cutting their total bill to $131,853 from $276,566. THE CANADIAN PRESS

Senators pressure border agency in custody deaths

Senators grilled Canada Border Services Agency officials Monday about oversight at the agency following the deaths of two people in agency custody in the span of a week. THE CANADIAN PRESS

Canadian regions join world biosphere network

Two Canadian regions have been singled out by a UN agency for how well they combine economic and environmental concerns.

In a meeting in Lima, Peru, UNESCO welcomed Great Bear Lake in the Northwest Territories and the Beaver Hills east of Edmonton into its World Network of Biosphere Reserves. THE CANADIAN PRESS

metro VIEWS

Your essential daily news

Tuesday, March 22, 2016

SHARE THE WEALTH
A 2008 study found people who spend a greater proportion of their income on others are happier.

THE 2016 FEDERAL BUDGET

What are you hoping for?

It's more than just a big number. The federal budget will affect the day-to-day lives of Canadians — helping or hindering them as they look for jobs, work to educate themselves or save to buy a home. The Liberals have promised support for the country's rapidly growing cities, so Metro asked people in each of its seven urban markets what they want — and need — to see in Tuesday's budget. **Here's what they said.**

I would like to see more money given to post-secondary education, but also a renewed pledge to act on climate change.
ADRIAN CHOONG, 20, HALIFAX

'The roads in Ottawa need so much work. Public transit is doing well with the new O-Train coming, so I'd rather focus on roads and bridges.' **SUMAIYA NAWAR**, 18, OTTAWA

'Without a roof over one's head, it's really hard to make a life of any quality... If we don't do something about (affordable housing) now, it'll have severe consequences for generations.' **RACHEL LISSNER**, 27, TORONTO

'There definitely should be money for the workforce... It will help the economy and get things flowing.' **TAMAR TCHICAYA**, 33, CALGARY

'Strong transit systems make strong cities, and Winnipeg is trying to build one. But we need help. I hope we'll see that.' **CIARA MACKINTOSH**, 32, WINNIPEG

'Right now, I'm just paying interest on my student loan ... not adding to the economy. If you want to build a strong economy with people who can contribute rather than just struggling, that would help.'
MARIA MAVROGIANNAKIS, 31, EDMONTON

'I want to see (Trudeau) follow through with his promise to legalize pot. If he taxes pot, and puts more tax on cigarettes and alcohol, it could bring in a lot of money.'
PETER LEVARSKY, 22, VANCOUVER

Will Trudeau keep his promises? Five things to watch for

Luke Simcoe
Metro | Toronto

During the election campaign, Justin Trudeau and the Liberals pledged to work on repairing the relationship with First Nations and invest heavily in Canadian cities and youth. As the government gets set for its big budget reveal Tuesday, these are some of the Liberals' key promises to keep in mind.

1 INVESTMENT IN INFRASTRUCTURE

The centrepiece of the Liberal platform was a $60-billion investment in infrastructure, spread out over 10 years. The plan is to spend a third of the cash on transit projects, a third on so-called "social infrastructure," like affordable housing, and another third on environmental initiatives. The government has also suggested it may be willing to commit more than its traditional one-third share to infrastructure projects.

2 YOUTH UNEMPLOYMENT

Recent data from Statistics Canada shows the youth unemployment rate hovering at about 13 per cent — nearly double the national average. To deal with that disparity, Trudeau and the Liberals have promised a $1.5-billion jobs plan that would create 40,000 new jobs for youth every year for three years.

3 STUDENT DEBT

Trudeau promised to inject about $750 million a year into the Canada Student Grants program, which would raise the grants for low-income, full-time students to $3,000 a year.

4 DEFICIT SPENDING

The Liberals distinguished themselves from other parties in the election by pledging to run a deficit in order to spend more on important programs. However, they said the deficit would be capped at $10 billion, a promise that could be broken come budget day. Recent indications from Finance Minister Bill Morneau suggest the actual deficit could be double that or more, which complicates another Liberal promise: to balance the books by 2020.

5 INDIGENOUS COMMUNITIES

The Liberal platform contained a number of promises to Canada's First Nations communities, including a $2.6-billion boost to aboriginal education funding and the promise of clean water for every indigenous community in four years. Some critics, including NDP MP Charlie Angus — whose riding includes the embattled Attawapiskat First Nation — have suggested the Liberals won't live up to their promises on the file, so this is definitely one area to watch on budget day.

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metro LIFE

Your essential daily news

Tuesday, March 22, 2016

The U.N. weather agency has found 2015 was record hot and the first two months of 2016 even hotter. "These records vividly illustrate the destructive power of an El Nino on climate change steroids," says climate scientist Katharine Hayhoe.

Girls, need some ladyshoes?

PRODUCT TEST

Adidas thinks women don't need their shoes to go the distance

Zoe McKnight
Torstar News Service

I get up most weekday mornings around 5:30 a.m.

I usually head out in the near-dark for a run through Toronto's west end, down to Lake Ontario and back. I occasionally see another runner but most often, I'm alone. I have run three marathons, each with an under-four hour finishing time. I'm now training for the 30-kilometre Around the Bay Road Race in Hamilton, Ont.

I'm not the fastest runner but I'm committed. I've worn through countless pairs of running shoes. It had never occurred to me that women's feet could be so different from men's that they needed their own shoe. I recently tried the Adidas PureBoostX, which the sports company says is the first and only running shoe designed specifically for women runners.

Finally, I thought. A shoe that understands me. A shoe that listens.

"Flawless look. Effortless feel. A women's running shoe like no other," is how the marketing material describes the PureBoostX, which were released earlier this year and retails for $130 on adidas.ca.

But what is women's running? This sends me in a tailspin of doubt. My own runs, during heat waves and rain and Toronto's annual Snowmageddon don't feel effortless. Black toenails and salt stains don't look flawless. Trust me.

I'm a bit skeptical but Adidas seems to market the women's shoe for distance running.

"The longer your runs, the more kilometres you log each week. And the longer you keep up your routine, the less you're willing to put up with shoes created for a man," the company's Canadian website says.

During my first couple of test runs, including a hill repeat workout and an easy 10K to the lake and back, the shoes feel bouncy at first. But near the end I can feel the pavement a little too keenly.

As part of my race training, I was due for a 24-kilometre run. I wanted to see how the shoes would do. I ran along the Martin Goodman Trail from Parkdale in Toronto to Long Branch Park in Etobicoke and then home.

By the halfway point the bounciness seemed to give way, especially under the midfoot and toes. It felt like my own body weight was crushing and flattening the foam sole. I found myself wishing I had the beat-up trail runners I'd been wearing all winter.

When I told Adidas about my experience, the company said through a spokesperson that my discomfort wasn't surprising, since the shoe is really designed for distances between five and 10 kilometres, for women who include running as part of a larger workout routine.

I also spoke to an Adidas official about the rationale behind the shoes.

Distance running was once predominantly a man's sport but due to a "dramatic shift over the last 10 years," women now outnumber men in North American road races, Angus Wardlaw, director of futures for Adidas, told me.

"It's moved this big, fundamental shift away from the serious, competitive aspect to much more of a social aspect dominated by female runners," Wardlaw says.

While it's true more men than women enter marathons, more women than men enter road races at all other distances, according to a report from Athletics Canada. American races have seen the same trend.

But the marathon boom has included women. In the U.S., just one in 10 marathon participants were women in 1980. In 2015, it was more than four in 10, according to Running USA. And more women than men enter half-marathons, no small feat at 21.1 kilometres.

Hmm. The half-marathon — or in my case, the 30K, which organizers told me was an even split between male and female participants this year — still seems like serious running. So women are less competitive than men? Really? Somehow I don't think Lanni Marchant wanted to qualify for the Rio Olympics any less than Eric Gillis.

I like the idea that a sports company is catering to women — Adidas insists it has big plans for the future of women's running — but not what this shoe seems to imply: that we don't seriously want to run.

We just want to feel like runners.

ARCH SUPPORT

It's all about perception

Adidas wanted to build a shoe that moved with the foot, particularly around the arch. All testing and research focused on women using a size 7 shoe, rather than a men's size. That would keep the materials flexible, Angus Wardlaw, director of futures for Adidas, says. The new shoe's mesh upper wraps around the foot, leaving a gap under the arch, like compression tights but for feet. It's called a 'floating arch.' According to comments an Adidas official made on the website, arch support for the PureBoostX happens on a "proprioceptive level." Proprioception is running jargon that refers to a body's sense of its own position and movement. I gather that means support is more about perception. ZOE MCKNIGHT/TORSTAR

Zoe McKnight takes the Adidas PureBoostX for a spin. TORSTAR NEWS SERVICE

HEALTH BRIEFS

Meditation linked to healthy weight

When embarking on a diet, the focus is usually on healthy eating and exercise. But here's a look at some of the recent scientific studies that have found meditation beneficial to maintaining a healthy weight:

• Researchers from Vanderbilt University School of Medicine, USA, recently found mindfulness meditation beneficial to the prevention and treatment of obesity in children.

• A French NutriNet-Santé study from December 2015 revealed that regular meditation could reduce the risk of obesity by 50%.

• A national survey of 1,000 participants conducted by Orlando Health in December 2015 found that successful weight loss was dependent on the management of emotions and psychological well-being.

• People who pay more attention to their thoughts and feelings in the present moment had lower levels of abdominal fat, according to an American study published in October 2015.

AFP

ILLNESS

Testicular cancer no death sentence

Testicular cancer is the most common form of the disease in young males and a new study out of the University of Calgary is showing a cure rate of almost 100 per cent in patients who are disease-free two years after diagnosis and treatment.

About 1,000 men are diagnosed with testicular cancer every year and if it is caught early, the survival rate is 99 per cent.

TWO YEARS AND YOU'RE CLEAR

But in those cases where the disease has spread to other parts of the body the prognosis varies and scientists say the survival rates for men with advanced metastatic testicular cancer ranges from 50 to 90 per cent.

Researchers at the university collected data from about 1,000 metastatic testicular cancer patients over a 12-year period and found that there was a 98 per cent cure rate for those men who were free of the disease two years after diagnosis and treatment.

"This is a paradigm shift for men with advanced testicular cancer," said Dr. Daniel Heng, a clinical associate professor at the University of Calgary's Department of Oncology. "For many cancers, the five year mark has been the gold standard. Only when you've passed the five-year mark are you thought to be at a very low risk of relapse.

"That actually relieves a lot of anxiety for a patient," said Heng. "And now we can tell them, after two years, if you're good, you're probably golden and you don't need any more CT scans."

Patients recovering from the disease typically have a CT scan every three months in the first year, every four to six months in the second and annually after that for five years following treatment.

Scientists say the new study now suggests that monitoring the patient through CT scans can be discontinued after two years of disease-free survival along with the associated blood tests and physical exams.

Doctors say the best defence is still a strong offence and men should conduct regular self-checks regardless of whether they've had a cancer diagnoses or not. THE CANADIAN PRESS

Secret to rocking the 'squatty potty'

FITNESS

A supported twist to this basic human position

YuMee Chung
Torstar News Service

Have you heard the news? Squatting is the new black.

It seems the benefits of deep squats are being touted by everyone from yoga teachers to CrossFit coaches to doctors, midwives and birth doulas. This complex movement is said to improve the condition of the pelvic floor, strengthen gluteal muscles, contribute to ankle mobility and enhance core stability.

If squatting is a foreign concept to you, give our supported version a try. All you need is a couple of towels or yoga mats and a desire to reclaim this basic human movement pattern.

The Supported Squat

1. Perch your heels on a tightly rolled towel or yoga mat. The feet will be about shoulder distance apart and facing in the same direction as the kneecaps.
2. Place another rolled towel or yoga mat behind the fold of your knees as you squat down.
3. Maintain a neutral curve in your low back by tilting the pelvis forward and sticking out your backside. By the way, this is the secret to rocking the "squatty potty."
4. Provided your knees are comfortable here, hang out in your supported squat for a minute or two.

As your comfort with this exercise increases, decrease the size of the prop under your heels and behind your knees.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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Motherhood for when good and ready

REPRODUCTION

Fertility book updated after author uses own expertise

Rachel Lehmann-Haupt starts her memoir with a breakup. She ends it with a baby.

In her newly updated book, In Her Own Sweet Time: Egg Freezing and the New Frontiers of Family, Lehmann-Haupt charts her decade-long journey of researching women's fertility, making decisions about having a baby as a thirty-something single woman and her roller-coaster ride in searching for Mr. Right. The mission sends her to meetings for Single Mothers by Choice, offices of fertility specialists, online for sperm shopping and on operating tables to retrieve her eggs.

Lehmann-Haupt, now 46 and a mom to a 3-1/2-year-old boy, was reached by phone from her home in California.

Why did you want to update your book? Why not write a new one?
Mostly because I made a big decision when I turned 40 — I decided to have a baby on my own as a single mom by choice. And the trends In Her Own Sweet Time focuses on just kept intensifying. Every week people would send me articles about the rising age of parenthood, studies about the fact that so many women over the age of 35 are choosing to have children on their own and that single motherhood is becoming a symbol not of instability but of women's economic stability in the new modern family.

Where did you leave the book in 2009?
I was single still. I was living in New York at the time. I was 39 or 38, I'd had my eggs frozen and I was optimistic about the future. Recovered from a breakup and trying to figure out my next move, as I was on the runway to 40.

In terms of advances in IVF, what have you seen change from 2009 to now?
The really big progress that has been made is that in 2009, egg freezing was still considered experimental technology. The American Society for Reproductive Medicine (ASRM) had the experimental label on it even though it was being offered by endocrinologists in clinics across the country and marketed pretty heavily. In 2012 the ASRM took off the experimental label and said it's a viable reproductive technology.

Rachel Lehmann-Haupt, 46, is seen with her son Alexander. The writer has a book out about women's fertility and reproductive technology. AMANDA MATHESON/CONTRIBUTED

Where do you think the fertility landscape is going to go from here?
One in eight American couples now experiences infertility or has trouble sustaining a pregnancy. The Centers for Disease Control and Prevention (CDC) put out a report in January saying that the (mean) age of motherhood continues to rise. The data showed that the percentage of women having their first child between ages 30 and 34 rose to 21 per cent in 2014, up from 16.5 per cent in 2000. The CDC also reported the birth rate for unmarried women has now declined, except among women 35 and older. I think that people are only going to lean more on advanced reproductive technology in the future.

You talk in the book about young women being uniformed about their fertility. Is that still true?
It's still true. Even your regular OB/GYN doesn't typically talk to women about their fertility. Usually that conversation doesn't happen until they've run into fertility problems.

How are things going for you and your son now?
Things are going great. And I'm not just saying that. I think that choosing to have a child on your own is challenging but I have a really good job and I'm a little older and I'm in a much stronger financial position to provide for Alexander.

What do you hope people take away from this book?
Just that there are a lot of options. You take these stories and this data and you apply it to your own life but, ultimately, you are your own guide.

TORSTAR NEWS SERVICE

ISTOCK

Don't expect a free meal and other first date rules

ROMANCE

Be your best the first time you meet

Sofi Papamarko
Torstar News Service

First dates are a lot like job interviews: exciting in theory, horrible in practice. The nerves! The pools of armpit sweat! The stilted conversation! The compulsion to start swiping on Tinder halfway through (don't worry, they won't notice)!

Unless you want to be alone forever, it's impossible to avoid the awkwardness and awfulness of first dates. That said, you certainly can avoid making the date awful for the other person. Here are some tips that will help you be a great first date and avoid becoming an eye-rolling cocktail party anecdote.

Ask questions

Pretty basic, right? Still, you'd be amazed at how many people will prattle on about themselves without asking their companion anything about their own lives. The whole purpose of a date is to get to know another person. How can you do that if you're bragging non-stop about your high school sports achievements? (But hey, congratulations on almost winning the rugby finals in 1998!)

Make eye contact

This is tougher for some people than for others, but making frequent eye contact is essential to creating an early bond with another human being. Your smartphone is indeed fascinating, but do what you can to occasionally meet your date's gaze.

Smell reasonable

Have you showered or bathed at any point in the last 48 hours? How about brushed or flossed? Go do that. Also, don't try to overcompensate for lack of hygienic ritual with perfume/cologne/body spray. If you're wearing enough of the stuff to become The Human Torch or asphyxiate a small yak, you're not probably making an ideal first impression.

Bank emergency conversation starters

Awkward silences happen. Before your date, come up with three or four conversation starters for when things lag. Lighthearted questions, pop culture references and current events are all great ways to resuscitate a conversation. Do not talk about the weather. Never talk about the weather.

Avoid mentioning your ex

The jettisoning of emotional baggage is for Dates 4 through 6.

Listen to what they have to say

Contrary to popular belief, social interaction isn't about waiting for your turn to talk.

Don't talk about your fertility window, openly fantasize about your future wedding and whether or not you'd consider hyphenating your last name/s or what your adorable future babies will look like

Your date will run far, far away — and will be right to do so.

You are not entitled to a free dinner

Or free drinks. Or a free movie. It's always nice when the other person treats, but this is an expensive city and buying dinners and movies and drinks for every new person you meet just isn't financially viable. That said, if you really liked them and you were the one to suggest the date, picking up the tab is a hero move.

Be polite to waitstaff

How people treat waitstaff is a great litmus test for how kind/respectful they are to other people in everyday situations. When someone is rude to the server, I end the date after appetizers. ("Really great meeting you!")

Embrace getting to know someone new

Maybe you're not attracted to them. Whatever! Instead of mentally checking out the second you realize a lifetime of passion isn't in the cards, embrace the opportunity to engage with a person who might have interesting stories to share or who might offer brave new perspectives you've never considered.

Sofi Papamarko is a writer and matchmaker who lives in Toronto. Reach her at hisofi@gmail.com

Accessible surfing is making waves

EVENT

Therapist aids those with spinal injuries to ride waves

Yvette d'Entremont
Metro | Halifax

Paula Green, an avid surfer, has spearheaded SurfAble, a non-profit organization that helps people with spinal cord injuries get out into the ocean to surf. JEFF HARPER/METRO

For people who have struggled to come to grips with the phrase 'You'll never walk again,' learning to surf can be a life-altering experience.

Over the past few years occupational therapist Paula Green has dedicated much of her free time working to make that experience a reality for Nova Scotians with spinal cord injuries.

The Lawrencetown resident and mother of three is one of the leading forces behind SurfAble, a non-profit organization that officially formed three months ago.

SurfAble grew out of Green's brainchild event held in 2014 in partnership with Life Rolls On. That California-based organization founded by Jessie Billauer is "dedicated to improving the quality of life for young people affected by spinal cord injury" using action sports.

Green and her husband are avid surfers. She submitted an application to request Billauer's non-profit help stage a Nova Scotia-based surf event for people with spinal cord injuries.

It took a few years to make it happen, but Green and a committee of like-minded people raised $55,000.

Those funds helped make Martinique Beach accessible and brought four people from Life Rolls On to the province to teach the community the skills needed to put on the event.

It also helped them link with sponsors to buy equipment like beach wheelchairs, adaptive surfboards and beach mats.

"I worked on it every single day for a year after we decided we were going to make it happen, but I didn't work alone," Green insisted.

"There was a lot of time that went into it because we were starting from scratch."

The tasks faced by Green and her committee included modifying wetsuits through a medical supply company and working with a local surf shop to modify surfboards with rails and handgrips.

The 2014 event brought 18 surfers and 120 volunteers to Martinique Beach, in addition to many in wheelchairs who came to watch.

For some, it was the first time they'd been able to access a beach since their injury years or decades before.

Green said the happy stories from that day are with her still.

"One volunteer (Alex Chandler) was with surfer Paul Vienneau and at one point he bailed into the water and Alex immediately bolted to grab him out of the water and Paul said 'Step back man. This is the first time I've been in the ocean since my accident. Just let me float here for a minute,'" Green said.

"Alex took a step back and he realized the magnitude of what he was experiencing... After the event, Paul said, 'I'm so happy that this event happened.' He said it wasn't about adaptive surfing, it was just about surfing."

CATCH THE WAVE

The Canadian Surfing Association is looking at establishing a team of athletes who could compete nationally and have approached SurfAble to join them

The group couldn't host an event in 2015, but now that they've formed as a non-profit, the 2016 SurfAble event is ready to roll on Aug. 20 at Martinique Beach.

"We've had a huge national and international response from the first event. We've had people call us from India who've heard about it," Green said.

"I think it's something that people will plan their vacations around. We're hoping and expecting to have a much larger turnout this year."

Green was also recently contacted by the Canadian Surfing Association about the possibility of establishing a Canadian team of adaptive surfers who could compete internationally.

"That's where I see it going. I hope we can link up with the folks on the Pacific side," she said. "It would be nice if this could be a coast-to-coast thing and the newest Canadian sport, adaptive surfing."

If you want a No. 1 song, you better keep it brief

TRENDS

Track titles are shrinking according to new study

Hello pop stars of the world: we're Sorry if this sounds Rude, but it's become clear Here that long song titles are simply no longer in Style.

A new study by Priceonomics proves that we've entered a brave new era of brevity in pop music, where one-word wonders keep the charts Happy and long-winding tune names Don't often Work.

"The music industry has gotten very precise and they do every little thing at the margins to make the chances of the investment succeeding as high as possible," says Dan Kopf, who authored the study.

Yes, pop music is losing its characters, and a look through history shows it was a long road to such short titles.

Kopf found that single-word titles comprised only 8.8 per cent of Billboard Hot 100 songs in the 1960s, a decade that featured such No. 1s as I Want to Hold Your Hand and (Sittin' On) The Dock of the Bay. That number climbed to 9.7 per cent in the 1970s, 11.1 per cent in the 1980s and 13.2 per cent in the 1990s.

With the turn of the millennium, the brevity movement really found momentum. In the 2000s, 19.9 per cent of charting singles featured a one-word title and, so far this decade, it's an unprecedented 23.2 per cent.

And single-word singles aren't just charting more, they're charting higher. Since 2010, 28 per cent of songs reaching the top 20 had a one-word title.

The age of pithy pop extends beyond just the one-word hits; the average length of a Hot 100 song title has shrunk from 3.76 words in the 1960s to 2.72 this decade.

Kopf figures it's the economy fuelling all this newfound economy. "I believe it's the result of the Internet and the digital age, and the emphasis on the single away from the album," he mused.

The all-time King of Curt is Drake, whose average of 2.47 words per song title renders the perennially ahead-of-the-curve rapper the most succinct star in the 50-year-plus period Kopf examined.

Taylor Swift is just behind him with 2.48 words per title, followed by Justin Bieber (2.53), Rascal Flatts (2.68) and Madonna (2.82).

"Drake is sort of the ultimate modern pop artist, and he seems so aware of what works and what people are looking for in contemporary music," Kopf said.

Well, he has competition in concision from Vancouver garage-punk duo the Pack A.D. (pictured second from right), who produce songs that are fat-free, in both sound and title.

Their last album, 2014's Do Not Engage, averaged 1.6 words per song title, and 2011's Unpersons a mere 1.5 words per title.

"We always take the song titles from the chorus . . . and we've been very guilty of using one or two words on repeat in our choruses," laughed drummer Maya Miller, whose band just released the single So What.

"It's what gets stuck in your head, I guess," she said.

"It seems to me you want it to be short. Usually, it's easier for people to only read one or two words instead of five or six. Maybe you assume no one has time for five or six words."

At the other end of the short-and-sweet spectrum lies Toronto fuzz-folk outfit the Wooden Sky.

Their most recent record, 2014's Let's Be Ready, let its hair down with 4.0 words per song. Singer Gavin Gardiner had never really pondered the issue at any, you know, length.

"Song titles, book titles, or short stories: (long titles) seem to add more gravity or weight," he suggested. "Maybe having a long title makes it feel less disposable. Maybe it makes sense that things are becoming shorter and feeling more disposable."

Still, with a new album in the works, that's not his last word on the subject.

"Maybe I'm just going to have to change my attitude on things," he said with a laugh.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Bad characters break good shows

THE SHOW: Mozart in the Jungle, Season 1, Episode 5 (Shomi)
THE MOMENT: The Crazy Wife

Excitable New York orchestra maestro Rodrigo De Souza (Gael Garcia Bernal) begs his assistant Hailey (Lola Kirke), an oboist, to promise him that "under no circumstances will you allow me to go backstage" after the performance they're about to watch.

Because the violinist is his estranged wife, Anna Maria (Nora Arnezeder).

The curtain parts. A gorgeous blond demon with raccoon eyeliner saws away. The audience applauds. "Shut the f— up!" she shrieks.

Of course, Rodrigo goes backstage. He and Anna Maria veer between catching up ("It's nice for one's technique to practice bowing on a floating ice shelf" in Greenland," she says); arguing ("Does it bring your ego pleasure, making dead music remarkable only for its artifice?" she snarls); and necking. When Hailey interrupts, Anna Maria flies at her.

As Hailey and Rodrigo exit, swearing follows them down the hall. "I told you not to let me go in!" Rodrigo says.

Sigh. Up to now, I'd been high on this series, about the backstage lives of professional musicians. I love seeing their apartments, bed hops, bad habits, freelance jobs (recording soundtracks for slasher films, playing in the pit of rock musicals). Some plot lines teetered on the edge of whimsy, but the terrific direction — by the likes of Paul Weitz and Bart Freundlich — kept it in check.

Until Crazy roared in. Just as a great character can make a series, a disastrous one can break it.

Swear at me all you want, Anna Maria, but please go back to Greenland. Soon.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Nora Arnezeder plays Anna Maria, the estranged violinist wife of Gael Garcia Bernal's Rodrigo in Mozart in the Jungle.
CONTRIBUTED

metro SPORTS

By Thursday, after weeks of cross-country trips, the Rams franchise's move from St. Louis to Los Angeles should be complete

Leafs' kids stifle Flames

NHL

Nylander puts up three points as Calgary falls short

When William Nylander touches the puck these days, it's not only bringing excitement to the Maple Leafs and the Air Canada Centre, but to Sweden's hockey community as well.

Nylander had a goal and two assists in Toronto's 5-2 win Monday night over the Calgary Flames, with members of Sweden's hockey federation looking on.

Since his recall from the AHL's Toronto Marlies — and his impressive showing in just 12 games — the son of former Flame Michael Nylander has found himself near the top of a very short list of possible additions to Sweden's World Cup team for September and, if the Swedes can talk the Leafs into it, the world championship team in May.

"That would be unreal," Nylander said of a World Cup possibility. "That's far away. (I'm) just focussing on this here, and getting better, and the Marlies, and then see what happens.

"Of course, I'm happy they're here looking. But first of all, we have a playoff and hopefully … a (Calder) Cup."

Nylander has a "good chance, a really good chance" of making the Swedish World Cup team, Swedish coach Par Marts said. "His skill level is so high. He makes a difference out there. That's the whole point. He has got really good sense for the play. Good hands."

Toronto Maple Leafs' William Nylander, left, shoots on Calgary goaltender Jonas Hiller as Flames' Mikael Backlund, right, defends during action in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Anyone who has watched Nylander the last few games in a Leaf jersey — he has five points in his last two games — can see what has Sweden so excited.

"He's made the adjustment (to the NHL) really quick," Toronto defenceman Morgan Rielly said. "He's making plays, he's shooting, it's going in the net. He's found his game. He's made himself at home here."

> **He's made the adjustment (to the NHL) really quick.**
> Toronto's Morgan Rielly on William Nylander

P. A. Parenteau, Zach Hyman, Colin Greening and Josh Leivo — the latter two into an empty net — also scored for Toronto. Jonathan Bernier got the victory as the Leafs won for the fifth time in seven games and crept within one point of 29th-place Winnipeg. Bernier is 5-1-0 in six career appearances against the Flames. Calgary's goal scoring was handled by former Leafs Matt Stajan and Joe Colborne.

Nylander got the scoring started with a hard forecheck on Calgary goalie Jonas Hiller in the first period. The 19-year-old retrieved the puck and set up Parenteau perfectly for his 18th goal of the season.

Stajan scored shorthanded for Calgary at 10:25 of the second, before Nylander helped restore the lead four minutes later with a shot that Hyman deflected. Colborne tied the game again for Calgary at 17:32.

Nylander then scored early in the third — a bullet of a shot from inside the blue line with Hyman acting as a screen.

Things simply seemed to happen when Nylander was out there. His passes, like his shot, come quickly. "Just tell him to shoot it in the net. Keep it simple," Rielly joked.

But Nylander isn't the only rookie looking right at home with the Leafs. One line was composed completely of ex-Marlies: Frederik Gauthier between Connor Brown and Leivo. Gauthier looked stronger in just his second game. Brown got his first point as a Leaf, assisting on Leivo's empty-netter.

Veteran Brooks Laich has seen some quick maturing in the Leafs' rookies.

"I've seen it in my two weeks, three weeks here," Laich said. "Our game has already been building up, the young guys are getting some success, getting some goals, some touches, getting more comfortable, not looking at certain players being like 'ah, that's my favourite player' or 'that was my favourite player.'

"They're saying: 'I can take the puck off this guy' or 'I can compete with this guy.'"

TORSTAR NEWS SERVICE

IN BRIEF

Crosby NHL's star of week

Pittsburgh Penguins centre Sidney Crosby has been named the NHL's first star of the week as he continues his resurgent second half of the season.

Crosby had two goals and five assists in four games as the Penguins (40-24-8, 88 points) extended their winning streak to six games.

THE CANADIAN PRESS

Simmons to enter draft

LSU freshman forward Ben Simmons, who led the Tigers in scoring, rebounds and assists this season, says he is leaving the Tigers to turn pro.

Simmons, who made his announcement in an interview published Monday by ESPN, says he will soon hire an agent and enter the NBA draft, for which Simmons has been widely projected as a top overall pick.

THE ASSOCIATED PRESS

Rugby star dies at 35

The Canadian rugby community was left in shock Monday at news that former international John Cannon died Saturday at 35 of a suspected heart attack.

Cannon, a hard-nosed centre, was a member of Canada's squad at the 2003 Rugby World Cup and won 31 caps for Canada between 2001 and 2007. He played professionally in England for Rotherham, Doncaster and Coventry.

THE CANADIAN PRESS

Weary Canada falls to Russia

WORLD CHAMPIONSHIP

Carey and Co. stumble in final frames in first defeat

It was a frustrating, tiring morning for Chelsea Carey at the women's world curling championship.

The Canadian skip dropped a 6-3 decision to Russia's Anna Sidorova on Monday morning in Draw 6 action at the Credit Union iPlex in Swift Current, Sask. Carey missed shots in the seventh, eighth and ninth ends as the win slipped from her grasp.

"I just didn't sleep last night and I wasn't in a great headspace and I fought hard to get there and I just couldn't get it together," Carey said.

Russia (3-1) used a conservative style in the early going and capitalized on a missed takeout by Canada (3-1) in the seventh end for a decisive two points. Sidorova, with the hammer, threw an easy draw for two and a 4-3 lead.

"I missed one shot and that really turned the tables," said Carey. "If I make that shot it totally changes the momentum of the game. We weren't able to recover."

Canada was too light on its attempt at a tap in the eighth end, giving Russia another point.

Team Canada, led by Chelsea Carey, right foreground, fell to Anna Sidorova's Team Russia in Draw 6 of the women's world curling championship on Monday in Swift Current, Sask.
JONATHAN HAYWARD/THE CANADIAN PRESS

> **It's not so much frustrating that we lost, it's that we handed it to them.**
> Chelsea Carey

The struggles continued for Carey in the ninth end as she failed on an attempted triple takeout. Instead, Russia stole a point to make it 6-3 heading to the final end.

Sidorova kept the house clear in the 10th end, with the Canadians shaking hands with a stone still to throw.

"I was really tired this morning, which didn't help anything," said Carey. "That's not necessarily enough to cause you to lose.

"It's not so much frustrating that we lost, it's that we handed it to them."

Carey's Calgary-based rink had been the last undefeated team at the tournament as Japan (3-1) was upset by Denmark (2-2) earlier in the same draw.

Sidorova is a two-time European champion and has won bronze twice at the world championships while Carey is making her debut at this event. Canada hasn't won world women's gold since 2008.

"We're happy to win against Canada because you guys have the greatest team in the world," said Sidorova. "This is a big win for us. But it means nothing, as we still have lots of games to play."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Canada's late draw against Sweden's Margaretha Sigfridsson.

IN BRIEF

WTA Tour CEO alarmed by criticism of women's game

The former tournament director at Indian Wells who now runs the WTA Tour calls his successor's critical comments about women's tennis players "disappointing and alarming."

Before Sunday's final at the BNP Paribas Open, current tournament director Raymond Moore said that women "ride on the coattails of the men." He later issued an apology.

Moore's longtime colleague at Indian Wells, Steve Simon, became the WTA's CEO last fall.

THE ASSOCIATED PRESS

PF Davis unlikely for Rio

Anthony Davis virtually ruled out playing for Team USA in this summer's Olympic Games on Monday as he prepared to begin treatment on knee and shoulder injuries that have ended his fourth NBA season early.

Davis has a torn labrum in his left shoulder — which will require surgery — and tendinosis in his left knee.

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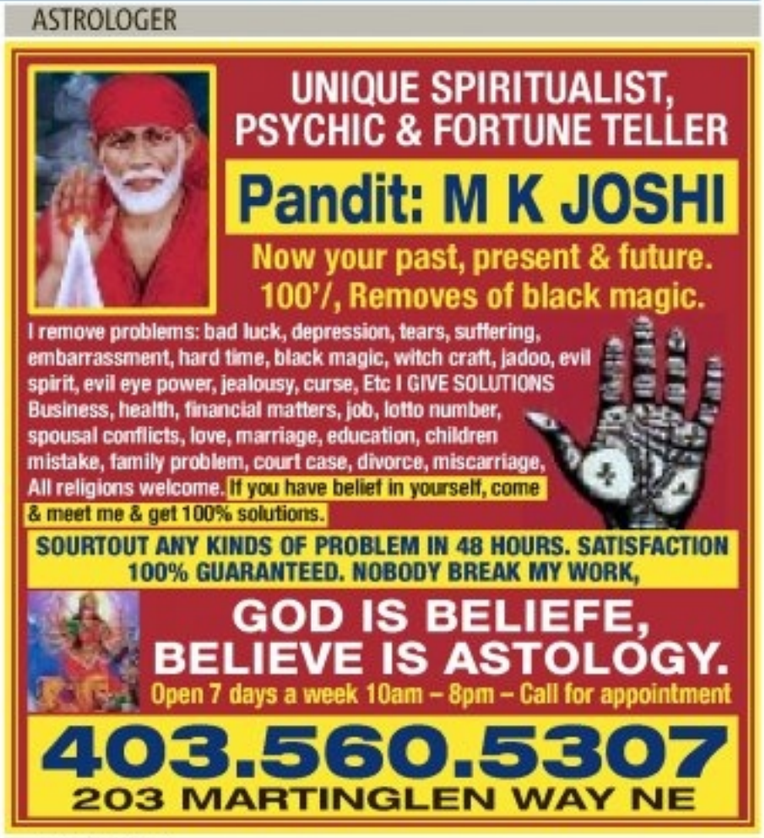

TAX CREDITS

BLUE JAYS

Shapiro sees pluses in losing sluggers

Jose Bautista already told the Toronto Blue Jays what it'll take to keep him. Edwin Encarnacion doesn't think he'll be back next year.

It's too early for the defending AL East champs to worry about losing their biggest sluggers. Then again, letting Bautista and Encarnacion walk — after a season the organization and its fans hope ends with a World Series title — could still have a positive impact on Toronto's future.

"If you deduct that from the payroll and you're still a contending team, you're going to add back players that offset (the loss) and obviously you get draft picks," Blue Jays president Mark Shapiro said Sunday. "Those aren't things we're thinking about now."

Bautista, a six-time all-star, made it clear when he arrived for spring training that he wants a big raise. Something like $150 million over five years might be his goal. The 35-year-old right fielder will make $14 million this season.

The 33-year-old Encarnacion will earn $10 million this season and he told the Toronto Sun he doesn't think he figures into the team's future. Encarnacion, a two-time all-star first baseman/designated hitter, has not appeared in a spring game due to injury.

THE ASSOCIATED PRESS

Jose Bautista and Edwin Encarnacion hit 40 and 39 homers respectively last season. THE ASSOCIATED PRESS

> **Every decision needs to be looked at with the collective landscape of the entire team.**
> Mark Shapiro

RECIPE Tomato Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's just get this out of the way: yes, it's a lot of garlic, Yes, roasting will turn the tomatoes and the garlic into caramel-y, sweet heaven and yes, you'll end up addicted to this soup.

Ready in
Prep time: 5 minutes
Cook time: 1 hour 20 minutes

Ingredients
- 8 plum tomatoes, halved
- 6 cloves garlic, peeled
- 3 Tbsps olive oil
- sprinkle of sea salt
- pinch of pepper
- 3 Tbsps butter, divided
- 1/2 cup of chopped sweet onion
- 4 cups vegetable broth
- 2 tsps fresh rosemary
- 1 Tbsp spelt flour

Directions

1. Preheat oven to 400. In a large baking dish, arrange tomatoes and garlic and then drizzle with olive oil, salt and pepper. Roast tomatoes for one hour, stirring occasionally. Remove dish from oven and allow to cool.

2. Meanwhile, put 2 Tbsps butter into a large saucepan over medium heat. Add onion and rosemary and sauté until onions are translucent. Add broth and tomato mixture. Cover and allow to simmer for about 20 to 25 minutes, stirring occasionally.

3. Working in batches, transfer soup into a food processor to puree. You can also use an immersion blender. Return soup to saucepan

4. In a small, separate frying pan, melt 1 Tbsp of butter over low heat. Add flour and whisk until blended. Blend roux into soup and season to taste with salt and pepper and simmer for another few minutes.

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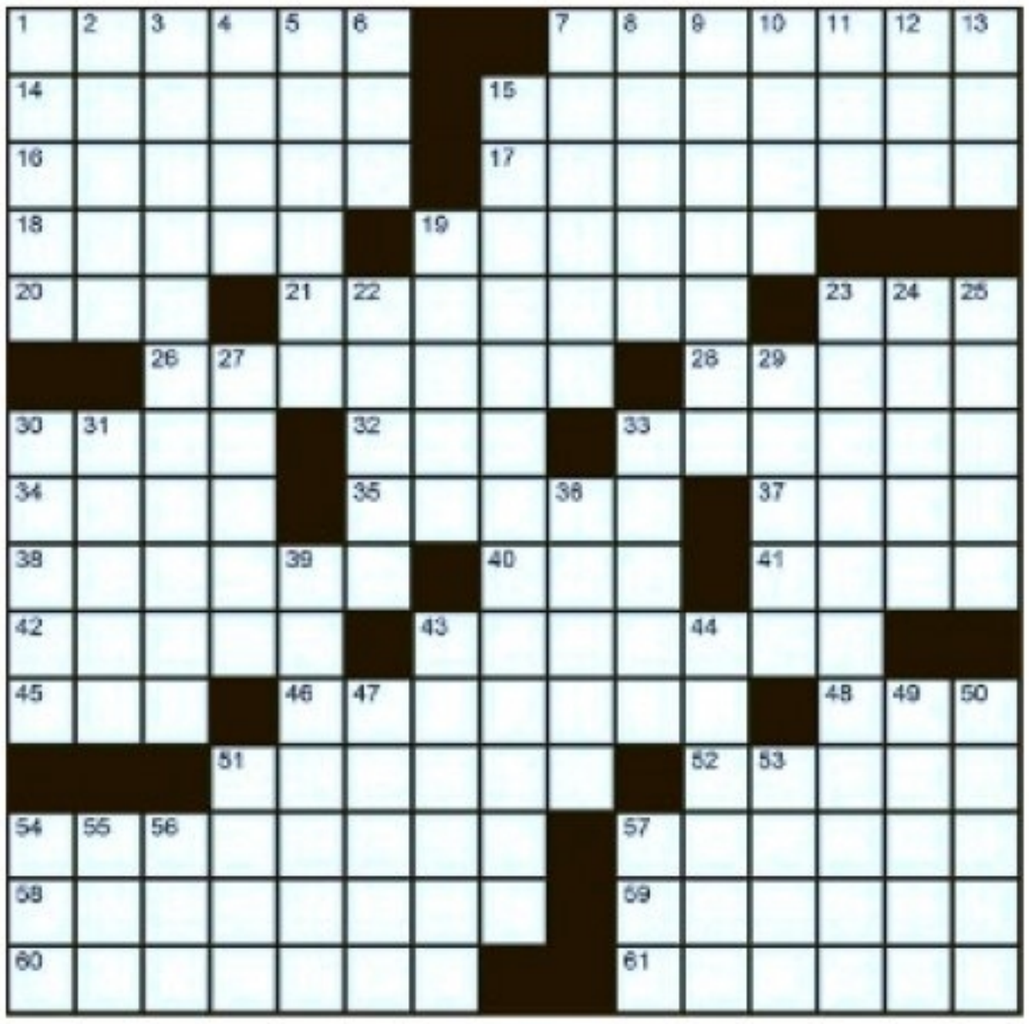
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Alcove
7. "But of course!" in Paris: 2 mots
14. Above, in Montreal: 2 mots
15. Swordplays
16. Expresses
17. Adze, for one: 2 wds.
18. Retro toy, with Sketch: 2 wds.
19. Lawyer documents
20. Pastureland
21. Ontario/New York border river
23. "Heartland" network
26. Phil Collins band
28. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
30. Math subj.
32. Try
33. Full-scale
34. 'Import' suffix
35. Celebrate
37. Ron Howard role
38. Loan shark
40. Opposite WSW
41. Soaks flax
42. 43rd President Bush's nickname
43. Outfitted, knight-style [var. sp.]: 2 wds.
45. Y-ending word's plural suffix
46. Oranges brand
48. But, Latin-style
51. Mix the mixture more
52. San __, California
54. Group of Seven member: initials + surname
57. Agreement
58. Quebec: City situated on Lac Saint-Jean
59. Bug variety
60. Mr. Brule (17th-century explorer/interpreter in New France)
61. __ Creek, Ontario

DOWN
1. Party hearty
2. WWW memo
3. The Chatham, Ontario born pitcher at #15-Down won the National League Cy Young Award in 1971 when playing for what team?: 2 wds.
4. Apiece
5. Sitcom role for Betty (More at #44-Down): 2 wds.
6. Li'l roads
7. The __ (Belonging to news coverage providers)
8. Wrath
9. Glacier's frozen cascade
10. Doesn't stand
11. Yoko __
12. Actor Mr. Tognazzi
13. Geog. feature
15. As per #3-Down... Inducted in 1991, the first and only Canadian in the National Baseball Hall of Fame (More at #23-Down): 2 wds.
19. River drainage area
22. Drake's "Best __ Had"
23. As per #15-Down... New York State locale of the National Baseball Hall of Fame
24. Noise: French
25. Ms. Blanchett's
27. Manicure board
29. 'The gold' in Spain: 2 wds.
30. Spanish architect Antoni
31. Result
33. Australia's famous Rock
36. Broadcasting: 2 wds.
39. Gradually incorporates: 2 wds.
43. Chant
44. Mimsie, in 1970s TV producing: acr. + animal
47. Bernie Sanders, e.g.: 2 wds.
49. Mysterious
50. Uncertain
51. Rapini, aka Broccoli __
53. 'Height'-meaning prefix
54. Fruit drink
55. Particular plane
56. Marg's fave TV letters
57. Old Rome bronze money

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tomorrow, the only Full Moon opposite your sign all year will occur. This is why you might feel tension when dealing with partners and close friends. Stay chill.

Taurus April 21 - May 21
Problems get worse just before every Full Moon. Then after the Full Moon peaks, they diminish. This is why you might feel tension on the job today before tomorrow's Full Moon.

Gemini May 22 - June 21
Parents need to be patient with children today, because they can feel the tension building up before tomorrow's Full Moon. Similarly, romantic relationships might suffer.

Cancer June 22 - July 23
Because the Moon is your ruler, you naturally feel tension building up today before tomorrow's Full Moon. You feel pulled between the demands of home and family versus the demands of your job or career.

Leo July 24 - Aug. 23
Be careful today. Mental and emotional distractions that build up today (before tomorrow's Full Moon) could make you accident-prone. Be aware!

Virgo Aug. 24 - Sept. 23
Avoid financial squabbles with others or arguments about something you own. If you wait until after the Full Moon peaks tomorrow, these matters will be less important. They might even disappear!

Libra Sept. 24 - Oct. 23
Tomorrow, the only Full Moon in your sign all year will take place. That's why today, you feel tension with partners and close friends. Be patient and tolerant.

Scorpio Oct. 24 - Nov. 22
It's important to know that difficulties with others, especially at work today, might be gone in 24 hours. That's because after tomorrow's Full Moon, things relax.

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with friends and members of groups today, whether casual get-togethers, classes, meetings or large conferences. People get touchy just before the Full Moon!

Capricorn Dec. 22 - Jan. 20
Tomorrow's Full Moon creates a quandary for you today. You feel like you can't please both your private world and your public world. (You can't ignore home and family.)

Aquarius Jan. 21 - Feb. 19
Today has an accident-prone energy for you because of the buildup of tension before tomorrow's Full Moon. Therefore, pay attention to everything you say and do. Be alert.

Pisces
Feb. 20 - March 20
Financial disputes might come to a head today. However, after the Full Moon peaks tomorrow, issues will be resolved.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		6						1
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				6		8		
7		8			9			2

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	9	7	2	4	1	6	3	8
6	4	8	3	7	9	1	5	2
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8	3	9	4	1	5	2	6	7
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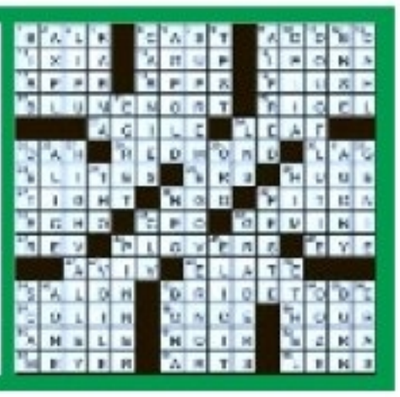
7	8	3	1	5	2	9	4	6
9	1	2	6	3	4	7	8	5



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